



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
CHILD AND ADULT CARE FOOD PROGRAM
MENU – USDA REQUIREMENTS

NAME OF CENTER/FACILITY Advanced Eat Smart Center #8

WEEK OF Week 1

YEAR 2012

	DATE	DATE	DATE	DATE	DATE
BREAKFAST		Berry Waffles	Parfait	Ham Muffin	
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole, 3x fresh F/V	Orange Slices- fresh	Mixed Fruit- canned, unsweetened	Pineapple- fresh	Peaches- canned, unsweetened	Apple Slices- fresh
Grains/Bread Component 4x Whole Grain, 1x sweet	Whole Grain Corn Chex cereal (WG)	Blueberry Waffles	Whole Grain Multi-Grain Crispy Oats cereal (WG)	Whole Wheat English Muffin (WG)	Applesauce Muffin (WG) (sweet)
Other Foods 2x Meat/Meat Alternate		Strawberry Syrup (HM) **not a sweet**	Yogurt	Ham	
LUNCH	Breaded Beef Patty (CN)	Beef Taco	Spaghetti with Meat Sauce	Turkey	Cheese Pizza (HM)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Zucchini- fresh	Lettuce, Tomato- fresh	Carrots, Celery- fresh	Mashed Potatoes- dried	Broccoli, Cauliflower- frozen
5x fresh	Carrots- canned	Fruit Mix- fresh	Orange Slices- fresh	Green Beans- canned	Pineapple- canned, unsweetened
Grains/Bread Component 3x Whole Grain	Breading (CN)	Whole Wheat Tortilla (WG)	Whole Wheat Garlic Bread; WholeWheat Spaghetti(WG)	Whole Wheat Bread (WG)	Pizza Crust
Meat or Meat Alternate 1x highly processed	Breaded Beef Patty (CN)	Ground Beef	Ground Turkey	Turkey	Cheese
Other Foods		Salsa	Spaghetti Sauce		
SUPPLEMENT <i>Serve 2 of 4 choices.</i>		Peanut Butter Sandwich	Trail Mix		Peanut Butter Banana Burrito
Fluid Milk					
Juice, Fruit, or Vegetable 5x whole fruits/vegetable	Strawberries- frozen, unsweetened	Carrots- fresh	Apple Slices- fresh	Kiwi Slices- fresh	Banana- fresh
Grains/Bread Component 3x Whole Grain, 0x sweet		Whole Wheat Bread (WG)	Goldfish Crackers, Cheerios, Kix cereals (WG)	Graham Crackers	Whole Wheat Tortilla (WG)
Meat or Meat Alternate 3x Meat/Meat Alternate	Yogurt	Peanut Butter			Peanut Butter
Other Foods					



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WEEK OF Week 2

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST	Strawberry French Toast	Ham Sandwich		Turkey Sausage Biscuit (HM)	Breakfast Pizza
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole, 2x fresh F/V	Applesauce- unsweetened	Orange Slices- fresh	Banana- fresh	Peaches- canned, unsweetened	Pears- canned, unsweetened
Grains/Bread Component 4x Whole Grain, 0x sweet	French Toast	Whole Wheat Toast (WG)	Cheerios cereal (WG)	Biscuit	Whole Wheat English Muffins (WG)
Other Foods 3x Meat/Meat Alternate	Strawberry Syrup (HM) **not a sweet**	Ham		Ground Turkey	Ham, Cheese
LUNCH	Ham and Cheese Quesadilla	Lasagna (HM)	Fish Sticks (CN)	Turkey Tetrazzini	Cornflake-Crusted Baked Chicken (HM)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Celery- fresh	Green Beans- canned	Broccoli- frozen	Peas- canned	Zucchini- fresh
5x fresh	Cucumbers- fresh	Fruit Mix- fresh	Carrots- canned	Mixed Fruit- canned, unsweetened	Apple Slices- fresh
Grains/Bread Component 4x Whole Grain	Whole Wheat Tortilla (WG)	Lasagna Noodles; Whole Wheat Garlic Bread (WG)	White Rice	Whole Wheat Spaghetti (WG)	Whole Wheat Bread (WG)
Meat or Meat Alternate 1x highly processed	Ham, Cheese	Ground Beef	Fish Sticks (CN)	Turkey	Chicken
Other Foods					Corn Flake cereal
SUPPLEMENT <i>Serve 2 of 4 choices.</i>		Broccoli Trees		Apple Slaw Sandwich	Peanut Butter Crackers
Fluid Milk			1% Milk		
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Banana- fresh	Broccoli- fresh		Apple Slaw- fresh	
Grains/Bread Component 2x Whole Grain, 1x sweet	Graham Crackers		Pumpkin Bread (sweet)	Whole Wheat Bread (WG)	Wheat Thins (WG)
Meat or Meat Alternate 2x Meat/Meat Alternate		Yogurt			Peanut Butter
Other Foods					

MO 580-1463 (6-04)

*Sweet Snack includes sweet items and grain-based snack chips/croissants

**WG = whole grain

***HM = home made

CACFP-218



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WEEK OF Week 3

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST		Ham Bagel		Sunshine Taco	Peanut Butter Pancakes
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole, 3x fresh F/V	Fruit Mix- fresh	Hash Browns- frozen	Orange Slices- fresh	Mixed Fruit- canned, unsweetened	Fruit Mix- fresh
Grains/Bread Component 3x Whole Grain, 1x sweet	Pumpkin Muffins (sweet)	Whole Wheat Bagel (WG)	Whole Grain Corn Chex cereal (WG)	Whole Wheat Tortilla (WG)	Whole Wheat Pancakes (WG)
Other Foods 3x Meat/Meat Alternate		Ham		Egg, Cheese	Peanut Butter **no syrup**
LUNCH	Chicken Patty (CN)	Spaghetti with Meat Sauce	Beef Enchilada (HM)	Meat Loaf Cup (HM)	Ham and Cheese Rotini with Peas
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Mashed Potatoes- dried	Green Lettuce- fresh	Red, Orange, and Yellow Peppers- fresh	Sweet Potatoes- fresh	Cucumber- fresh
5x fresh	Green Beans- canned	Corn- canned	Peaches- canned, unsweetened	Corn - canned	Celery- fresh
Grains/Bread Component 5x Whole Grain	Whole Wheat Bread (WG)	Whole Wheat Spaghetti (WG)	Whole Wheat Tortilla (WG)	Whole Wheat Bread (WG)	Whole Wheat Rotini (WG)
Meat or Meat Alternate 1x highly processed	Chicken Patty (CN)	Ground Beef	Ground Beef	Ground Beef	Deli Ham, Cheese
Other Foods		Spaghetti Sauce; Whole Wheat Garlic Bread (WG)			Peas- frozen
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					
Fluid Milk					1% Milk
Juice, Fruit, or Vegetable 3x whole fruits/vegetable		Apple Slices- fresh	Carrots- fresh	Applesauce- unsweetened	
Grains/Bread Component 2x Whole Grain, 0x sweet	Animal Crackers		Pretzels	Whole Grain Rice Cakes (WG)	Kix cereal (WG)
Meat or Meat Alternate 2x Meat/Meat Alternate	Yogurt	Cheese Stick			
Other Foods					

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WEEK OF Week 4

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST		Ham and Cheese Wrap			Turkey Bagel
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole, 2x fresh F/V	Orange Slices- fresh	Pears- canned, unsweetened	Banana- fresh	Applesauce- unsweetened	Pineapple- canned, unsweetened
Grains/Bread Component 5x Whole Grain, 0x sweet	Whole Wheat Blueberry Bread (WG)	Whole Wheat Tortilla (WG)	Kix cereal (WG)	Whole Wheat Toast (WG)	Whole Wheat Bagel (WG)
Other Foods 3x Meat/Meat Alternate		Ham, Cheese		Yogurt	Turkey
LUNCH	Grilled Cheese Sandwich	BBQ Chicken Sandwich (HM)	Chicken Alfredo	Ham and Cheese Sandwich	Shrimp Poppers (CN)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Carrots, Cucumbers- fresh	Potato Fries- fresh	Peas- canned	Celery- fresh	Corn on the Cob- frozen
5x fresh	Peaches- canned, unsweetened	Grapes- fresh	Fruit Cocktail- canned, unsweetened	Orange Slices- fresh	Applesauce- unsweetened
Grains/Bread Component 5x Whole Grain	Whole Wheat Bread (WG)	Whole Wheat Bread (WG)	Whole Wheat Noodles (WG)	Whole Wheat Bread (WG)	Whole Wheat Breading (CN) (WG)
Meat or Meat Alternate 1x highly processed	Cheese	Chicken	Chicken	Ham, Cheese	Shrimp Poppers (CN)
Other Foods		Pickle Spear, BBQ Sauce	Alfredo Sauce	Whole Wheat Goldfish Crackers (WG)	Peanut Butter and Wheat Thins (WG)
SUPPLEMENT <i>Serve 2 of 4 choices.</i>			Apple Peanut Butter Sandwich	Banana Monsters	Cheese Quesadilla
Fluid Milk					
Juice, Fruit, or Vegetable 4x whole fruits/vegetable	Grapes- fresh	Bean Salsa- canned	Apple Slices- fresh	Banana, Celery, Carrots- fresh; Raisins- dried	
Grains/Bread Component 3x Whole Grain, 1x sweet	Pretzels	Whole Grain Tortilla Chips (WG) (sweet)	Whole Wheat Bread (WG)		Whole Wheat Tortilla (WG)
Meat or Meat Alternate 3x Meat/Meat Alternate			Peanut Butter	Peanut Butter	Cheese
Other Foods					

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